

Zone 6 inner

Section 31: Elm Park to Rainham

Distance: 3.77 mi, 6.03 km

Introduction

This section is quite short and straightforward. After some uninteresting suburbs, most of the way is through the Hornchurch Country Park, running close to the London Loop.

There is a pub near the end.

Directions

Turn right out of Elm Park Station and cross the road.

Go down the steps on the left, and turn sharp right at the bottom.

At the end, turn left along Maylands Avenue.

At the end, bear right along Farm Way.

At the end, go straight ahead along the footpath.

At the end, turn right.

Turn left into Springbank Avenue.

At the line of bollards, take the footpath on the left.

After a right bend, keep going along the path in the same general direction, on the way crossing a road, going along a short stretch of road, and crossing another road.

Finally, turn right at the main road.

Take the footpath on the left, before the bus waiting area.

Shortly bear right.

Then bear right again, parallel to the main road.

Follow the main path round a left and a right bend, then join a more significant track.

Pass between the carparks, then bear right across the grass towards a green barrier.

Bear left onto the path beside the road.

When the road bends right, keep straight ahead along the right-hand edge of an expanse of mown grass.

Carry on into the trees.

Further on, keep straight ahead alongside a wood on your left.

The surroundings become more open. At a fork, bear right and cross another path.

Later, bear right towards a monument, then immediately bear left.

Just before the gate into the carpark, bear right alongside the hedge.

Take the next turning left, and cross the road.

At the next junction, bear right and cross a cycle track obliquely.

Follow the grass path for a considerable distance, with the cycle track some way off on your right.

At a 3-way junction of cycle tracks, carry straight on along the one ahead.

Take the second of two rough paths on the right.

Bear right onto a more significant path. We are now on the London Loop.

Turn left along the main road.

Go straight on at the next two roundabouts, and proceed along Bridge Road.

On the left bend after Rainham Hall, carry straight on along Celtic Farm Road.

Rainham Station is ahead.